

MY THOUGHTS



THE THOUGHT I'M HAVING:

WHAT HAPPENED TO TRIGGER THE THOUGHT?

HOW DOES THE THOUGHT MAKE ME FEEL?

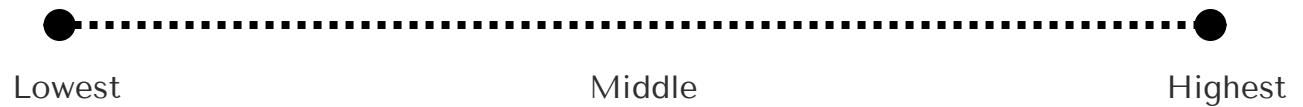
EMOTIONAL INTENSITY



WHERE DO I FEEL THIS EMOTION IN MY BODY?

HOW DOES THIS THOUGHT MOTIVATE MY BEHAVIOR?

HOW BELIEVABLE IS THE THOUGHT?



QUESTIONS TO ASK:

Is this thought based on fact or feeling? Is it true?

What evidence supports and contradicts my thought?

Am I considering all the evidence or only the evidence that supports my thought?

Is this thought oversimplifying the situation?

Are there any assumptions I'm making that could be wrong?

QUESTIONS TO ASK CONT'D:

How might a good friend interpret this situation?

Is my thought the most likely scenario or the worst-case scenario?

What is the probability of the worst-case scenario?

What is the probability of the most realistic scenario?

What other explanations are possible?

WHAT COULD I TELL MYSELF THAT IS MORE TRUE OR HELPFUL?

HOW WOULD THE NEW THOUGHT IMPACT MY BEHAVIOR?